



### How do I enroll?

You may enroll by calling **1-866-688-7493** or by using the web based enrollment on the PEIA website.

### How much will it cost?

There is no coinsurance or deductible, only a monthly copayment of \$20. (This change in copayment becomes effective July 1, 2011.)

### How long does the program last?

You may participate for up to two years, so long as you comply with program requirements and meet weight loss goals or make significant progress in body fat percentage, waist circumference, blood pressure or fitness.



## Join the PEIA Weight Management Program!

*Losing weight is hard, but it's worth it.*

It takes discipline, support and a willingness to change your lifestyle for good. Even a modest weight loss of 10% can lower your risk for heart disease, diabetes and high blood pressure. It can make activities of daily living easier like walking, tying your shoe laces, carrying the groceries, and playing with the kids. It can also help to improve sleep, lessen joint pain and alleviate depression.

**West Virginia Public Employees  
Insurance Agency**  
601 57th St., S.E.  
Suite 2  
Charleston, WV 25304-2345

**CALL TOLL FREE 1-866-688-7493** or  
enroll on the web by visiting the PEIA  
website: [www.peia.wv.gov](http://www.peia.wv.gov), click on the  
link for health and wellness programs and  
weight management.

### Who qualifies for the weight management program? (This change in eligibility becomes effective July 1, 2011.)

- You must have PEIA Preferred Provider Plan coverage;
- You must have a Body Mass Index of 25 or greater; **or**
- A waist measurement of 35 inches or greater (for women) or 40 inches or greater (for men);
- You must be ready to make permanent lifestyle changes and have the approval of your physician or nurse practitioner.

#### You are not eligible if:

- You recently underwent bariatric or lap band surgery;
- You participated in the Dr. Dean Ornish Program for Reversing Heart Disease (this does not include Ornish Spectrum);
- You have previously participated in the program;
- Your physician or nurse practitioner does not approve; or
- There is not yet a participating facility in your area.

**THIS IS A ONCE PER LIFETIME BENEFIT, SO WE ADVISE YOU TO USE IT ONLY IF YOU FEEL READY! IF YOU DROP OUT, YOU WILL NOT BE ABLE TO RETURN TO THE PROGRAM.**

### What is the PEIA Weight Management Program?

This program uses the services of exercise and nutrition professionals, in conjunction with professional phone counselors, to help you make the necessary lifestyle changes so that you may lose weight and improve your health. PEIA has developed a network of over 60 participating facilities (the listing may be found on the PEIA website) who have agreed to provide the required program services while also accepting our fee schedule. These facilities meet our health and safety standards, maintain the appropriate equipment, and offer accessible hours of operation.



#### Why is PEIA offering this benefit?

Program participants experience improved physical and psychological well being. Although we do not expect that this program will solely reverse the epidemic of obesity in West Virginia, it does offer the necessary supports for those people who are committed to making a personal lifestyle change.

### What services will I receive?

- Individualized services from nutrition and exercise professionals;
- Baseline assessments with periodic follow ups;
- Personal training;
- Phone coaching from professional counselors;
- Access to a participating fitness facility which meets PEIA's health and safety standards; and
- Up to two years of services so long as you demonstrate progress.

### What are my obligations as a participant?

- To keep all scheduled appointments;
- To provide at least 24 hours notice for any cancellations or you may be charged for a missed appointment;
- To pick one participating facility (you may not switch);
- To exercise at the facility at least 2 times weekly;
- To cooperate with monthly measurements;
- To pay your facility copayment when due;
- To notify your phone coach if you are experiencing problems interfering with your participation;
- To keep a food journal to be reviewed by program staff; and
- To remember that you MAY NOT re-enroll if you drop the program!